



# Activity Time

Approximate time: 15 minutes

**What you need:** A copy of the “Testimony” activity, a 4x6-inch family picture and scissors.

- Preparation**
1. Print out the artwork.
  2. Cut along dotted lines.
  3. Fold picture description to the back.
  4. Place pictures in a pile, along with your family picture.

- Activity:** (Younger children will need help from an older sibling or parent.)
1. Explain: “We often hear some members, and especially children, bear their testimonies, listing things for which they are thankful: their love of family, the Church, their teachers, their friends. For them, the gospel is something that they are grateful for, but testimonies need to be much more. They need to be anchored very early to the first principles of the gospel.” M. Russell Ballard, Ensign, Nov 2004 © *Intellectual Reserve, Inc. All rights reserved.*

A testimony is a spiritual witness given by the Holy Ghost. The Spirit can witness to us in church, Family Home Evening, reading the scriptures, listening to others bear testimony, while listening to church music, etc., helping us gain our own testimony. A testimony is very personal and will be a little different for each person, but a testimony of the restored gospel of Jesus Christ will include these truths:

- a. God lives. He is our loving Father in Heaven, and we are His children.
- b. Jesus Christ is the Son of the living God and the Savior of the world.
- c. Joseph Smith is the prophet of God through whom the gospel of Jesus Christ was restored in the latter days.
- d. The Book of Mormon is the word of God.
- e. The current President, his counselors, and the members of the Quorum of the Twelve Apostles are the prophets, seers, and revelators in our day.

2. Sing: Children’s Songbook #5 “I Know My Father Lives.” If you wish to have an online music file to accompany you visit: <http://www.lds.org/cm>
3. Show pictures one at a time and have family members share their feelings about the pictures. If necessary, read the brief description to help with ideas. Examples: (Family picture: I know that Heavenly Father has given me a family who loves me and I love them; I know that I am a child of God; etc.)
4. Explain: When you express these feelings of faith to others, you are sharing your testimony. When you share your testimony it grows stronger and the church you also grows stronger as you touch the lives of others.
5. Keeping in mind the pictures, bear your testimony. Ask family members to bear their testimonies. Younger children will need help. Be sure to help them use their own words and feelings.

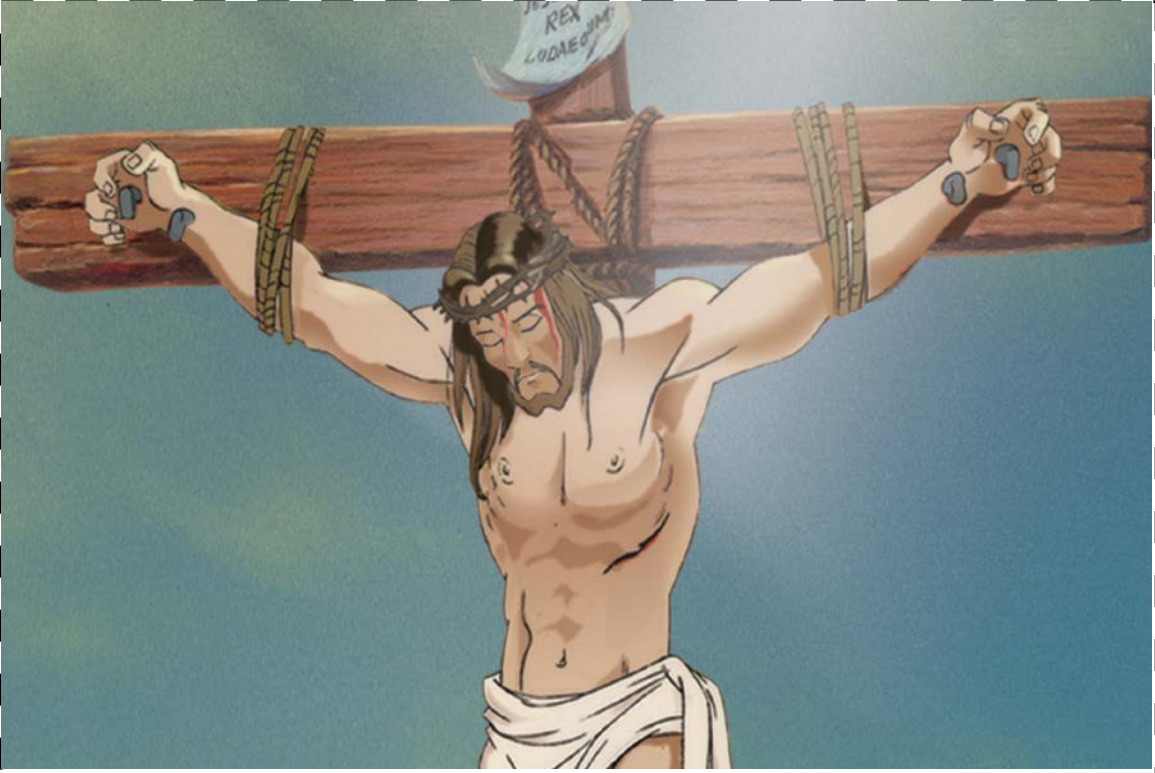




The Father and the Son live.



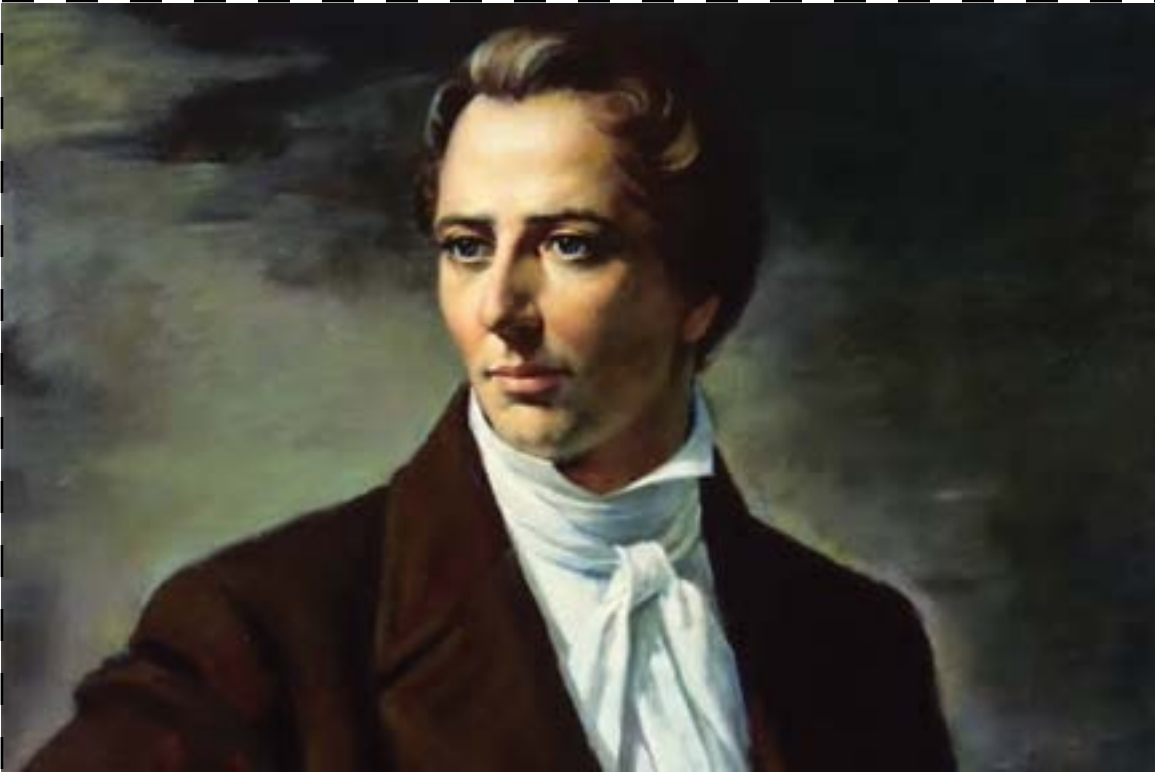
Jesus Christ atoned for our sins and He is our Savior.



Jesus Christ died for us.



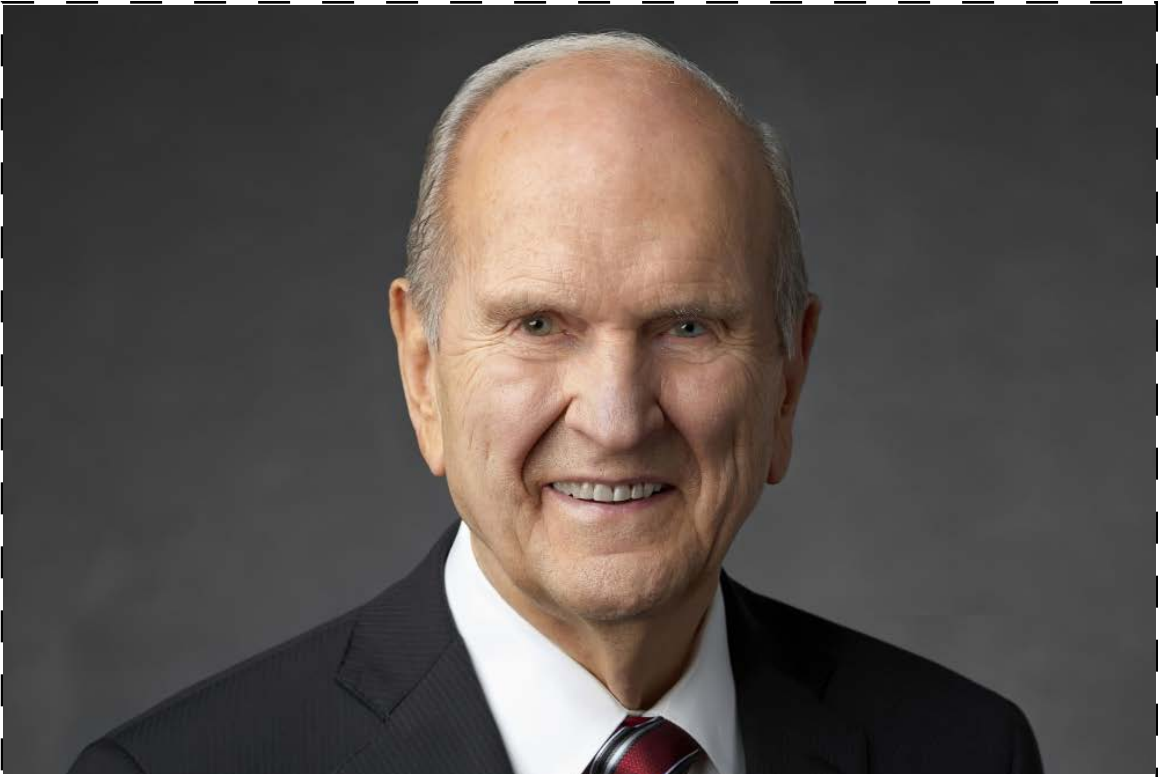
Jesus Christ was resurrected.



Joseph Smith is a prophet of God.  
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Joseph Smith translated The Book of Mormon



President Russell M. Nelson is a prophet of God.  
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Jesus Christ will come again.